



REALTIVELY QUIET
TRADE DEADLINE
SENS SWAP CAMPOLI
{pages 3 and 20}



WORK OUT WITH A
ROBOT
WEIGHING THE
DIGITAL GYM {page 14}

UNDRESSED LILO'S LATEST ATTEMPT TO COMEBACK {page 11}

OTTAWA

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Tuesday, March 1, 2011
www.metronews.ca



News worth sharing.



Driver's remorse meets family's grief

► Alex Hayes, 16, was killed September 9 on Bank Street near Mitch Owens Road
► Daoud blew triple the legal limit and had a previous impaired-driving conviction



► Max Meehan was one of a large crowd of friends and family of Alex Hayes, inset, who wore memorial T-shirts to yesterday's sentencing hearing.

 STEVE COLLINS
@METRONEWS.CA

A Crown prosecutor yesterday recommended 7-10 years' imprisonment and a lifetime driving ban for a drunk driver who killed a teenaged cyclist last September.

Samira Mohamed Daoud, 41, who last year pleaded guilty to impaired driving causing the death of Alex Hayes, 16, is an

"I keep expecting him to walk into the room or call my name."

PENNY-ANN HAYES, ALEX'S MOTHER, IN HER VICTIM IMPACT STATEMENT

"untreated, long-standing, severe alcoholic" with "grim" prospects for rehabilitation, assistant Crown Julie Scott told the court.

Daoud's lawyer, Bob Carew, recommended a four-year sentence, noting that

she had spared Hayes' family the pain of a trial with her guilty plea.

After the court heard numerous victim impact statements, Daoud tearfully read out a letter of apology to Hayes' family.

"From the bottom of my heart and my soul, I am so sorry," she said.

Hayes stepfather, Mark Lesaux said outside of court that he doesn't believe Daoud has any remorse.

Ontario Court Justice Célyne Dorval is expected to sentence Daoud March 18.

Libya
Hoping to see Gadhafi in court

► Canada says Gadhafi should go to trial at International Criminal Court ► PM has announced ban on financial dealings {page 4}

Dustin Penner dealt to Kings



Ex-Edmonton Oiler's playoff hopes improve {page 20}

Brothers and sisters are you ready?

Metro columnist Jessica Napier goes from noogies to niceties with her kid brother {page 9}

Painkillers tied to infertility

Laval University professor: Don't expect to conceive {page 15}

Breast milk ice cream scooped

Latest buzz confiscated amid health concerns {page 6}



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Private sector must do more: Minister

Tony Clement told a gathering at an Ottawa high tech firm that the private sector needs to employ local talent to help the country rebound out of the recession.

"The private sector must do more of what it does best — turn knowledge into innovation, innovation into greater wealth, and then greater wealth into an enhanced quality of life for all Canadians," said Clement.

Touting his govern-

ment's investment in research at firms such as EMS Technologies in Kanata yesterday, Clement said the government will provide strategic assistance and "improve the linkage between public research and the private sector needs."

Since 2006, the federal government has invested \$8.5 billion for science and technology initiatives, such as the satellite-based communications equipment at EMS.

One of the recent projects developed by the mobile connectivity company was a transceiver for commercial aircraft, which was funded by the government of Canada's Strategic Aerospace and Defense Initiative (SADI).

Coupled with an on-board antenna, the device connects to the Internet via satellite, which allows pilots to communicate with the tower operators.

JOE LOFARO



► Industry minister Tony Clement, EMS product manager Mark Goodman and chief of staff Nils Helle look at EMS products.

JOE LOFARO/METRO

Sens fans OK trades

- Shuffling of players will help Sens team 'be a contender,' says fan
- Sens claim Tampa Bay goalie Curtis McElhinney before deadline



JOE LOFARO
@METRONEWS.CA

The Ottawa Senators flurry of trades for new blood and early round draft picks ahead of the NHL's trade deadline yesterday got the thumbs up from fans, even if it meant saying goodbye to some favourites.

Ottawa Senators defenceman Chris Campoli was the sixth player to leave Ottawa in a team shakeup before yesterday's NHL trade deadline.

"It's sad to see some of the fan favourites, like Mike Fisher and Chris Kelly, go but it was necessary to happen," said Sens fan, Charles Soifer.

Sens fan Sean Smith was also sad to see Fisher go.

"He was a good, solid player and probably the hardest working player on the Senators," said Smith.

Senators general manag-

"I'm glad to see (Alex) Kovalev go ... he obviously didn't feel very special here in Ottawa."

CHARLES SOIFER, SENS FAN

er Bryan Murray has collected six draft picks — five this year and one next year. With the recent changes, some fans don't expect an immediate turnaround in team performance.

"They're in a rebuilding process.... It's going to take a couple years," said Smith.

Jennifer Mallette, also a Fisher fan, wonders how long it will take for the team to bounce back following the shuffle.

"In rebuilding their team I think they made the right choices, but from a fan's perspective it's just frustrating because they're starting all over again," said Mallette.

In rebuilding their team I think they made the right choices, but from a fan's perspective it's just frustrating because they're starting all over again," said Mallette.

DEADLINE DETAILS, PAGE 20



► An Ottawa cyclist makes his way through a morning deluge of freezing rain and snow yesterday that prompted weather warnings from Environment Canada, cancelled school buses and snarled traffic.

SEAN MCKIBBON/METRO

Weather could have been worse

Although 15 centimetres of snow was forecast, by the time Environment Canada warnings were lifted yesterday afternoon, only about 8 cm had fallen. Ottawa police said they responded to 60 car accidents yesterday. The force says it typically deals with an average of 50 accidents in any given day.

24 Sussex gets bomb threat

A man is facing multiple charges after an midnight bomb threat against the prime minister's residence.

Police in Gatineau, Que., arrested a 35-year-old man early today, hours after the phone threat was made.

Const. Julie Morel, an RCMP spokeswoman in Ottawa, says an investigation by the RCMP's protective detail determined there was no bomb.

Local police and general

duty RCMP traced the call via GPS to an apartment in Gatineau, just across the river from the prime minister's 24 Sussex Drive residence.

Lt. Yves Comtois of Gatineau police says the occupant who answered the door was abusive and started throwing things at police.

Comtois says the man, "well-known" to local police, was arrested after a

warrant was issued around 6 a.m.

The man, whose name was not immediately released, faces charges of assault and uttering threats with regard to the apartment stand-off; the bomb-threat investigation continues.

THE CANADIAN PRESS

For more information visit www.metronews.ca

News in brief

Flames damage sports centre

INFLATABLE DOME. The Fire Marshall is investigating a blaze at the Thunderbird Sports Centre located at 1927 Richardson Side Road. Officials say the fire, which caused an estimated \$2.5 million in damages, appears to have started

in the facility's kitchen and restaurant area.

● METRO

Suspect sought

WANTED MAN. Ottawa police are looking for a man who robbed a Bearbrook pharmacy of narcotics using a note. The suspect, described as white with tanned skin, 6-foot-2 and a slim build, was wearing a white sweater, a black hoodie with a black scarf around his face, a ball cap and jeans. ● METRO



News on the move

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On the web at metronews.ca



B.C. polygamist leader says he would welcome probe into allegations of child brides in the community.
Video at metronews.ca

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Spy planes that mimic birds or insects may be put to work in disaster zones.



News in brief

Photos focus on leadership

BAHRAIN. Photographers demonstrated yesterday in Manama, demanding the Information minister resign and condemning state-run Bahrain TV for airing what they claim are fake images aimed at misleading the public.

Protesters escalated pressure on the nation's embattled monarchy.

THE ASSOCIATED PRESS

Protesters set store on fire

OMAN. Protesters set a supermarket ablaze and ral-

lied at two places in the seaside town of Sohar, about 120 miles northwest of the capital of Muscat yesterday in a third consecutive day of unrest that has included deadly clashes in the strategic Gulf nation.

Oman, ruled by a powerful family dynasty, marks the latest flashpoint in the Arab world's challenges to authoritarianism.

THE ASSOCIATED PRESS

Britain open to military force

LONDON. Prime Minister David Cameron says Britain is working with its allies on a plan to establish a military no-fly zone over Libya.

Cameron did not say whether that meant that the U.K. or its allies were moving to ban Libyan aircraft from flying immediately or simply making plans in case the situation there escalated.

But he told British lawmakers yesterday that he did not "in any way" rule out the use of military force.

THE ASSOCIATED PRESS

Canada slams Libyan regime

► Government says Moammar Gadhafi should face trial ► Libyan leader's assets here are frozen

Canada says Moammar Gadhafi should be hauled before the International Criminal Court to answer for attacking his own people.

The call by Foreign Affairs Minister Lawrence Cannon on Monday came as the Libyan Embassy in Ottawa abandoned Gadhafi and pledged its "utter solidarity" with the pro-democracy uprising.

"We would obviously be in agreement — total agreement — with any resolution that came forward that would bring Gadhafi to the authority of the international court," Cannon said at a UN Human Rights Council meeting in Geneva.

He spoke after the chief prosecutor of the Interna-



► Foreign Affairs Minister Lawrence Cannon.

tional Criminal Court raised the possibility that attacks on civilians by forces loyal to Gadhafi could result in the Libyan strongman facing charges of crimes against humanity.

THE CANADIAN PRESS

Mubarak's wife, son grounded in Egypt

Airport officials say authorities prevented the wife and son of ousted President Hosni Mubarak from flying out of the Red Sea resort of Sharm el-Sheikh hours before authorities banned the Mubarak family from travelling abroad.

The officials said yesterday that Mubarak's wife Suzanne and younger son Gamal tried to board a private jet Sunday at the airport in Sharm el-Sheikh, where they have been staying since Mubarak stepped down on Feb. 11.

Authorities told them they cannot leave without special permission.

Yesterday, Egypt's top prosecutor seized all the funds of Mubarak and his family and banned them from travelling abroad.

It was not clear whether the ban was issued because they tried to leave.

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on the hou\$e

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Heat is on for Libya to give Gadhafi the boot

HUSSEIN MALLA/THE ASSOCIATED PRESS

International pressure on Moammar Gadhafi to end his crackdown on opponents escalated yesterday as his loyalists closed in on rebel-held cities nearest the capital.

The U.S. moved naval and air forces closer to Libya and said all options were open, including the use of warplanes to patrol the North African nation's skies and protect citizens threatened by their leader.

France said it would fly aid to the opposition-controlled eastern half of the country.

"Gadhafi has lost the legitimacy to govern, and it is time for him to go without further violence or delay," U.S. Secretary of State Hillary Rodham Clinton said. "No option is off the table. That of course includes a no-fly zone," she added.



► A Libyan boy sits in front of a mural in Benghazi.

The uprising that began Feb. 15 has posed most serious challenge to Gadhafi in his more than four decades in power. His bloody crackdown has left hundreds, and perhaps thousands, dead.

Gadhafi, who in the past two weeks has launched the most brutal

crackdown of any Arab regime facing a wave of popular uprisings, laughed off a question from ABC News about whether he would step down as the Obama administration demands. "My people love me. They would die for me," he said.

THE ASSOCIATED PRESS

2013

President Ali Abdullah Saleh, who has been in power 32 years, has promised to step down after national elections in 2013, but this has not stopped the protests.

Yemen revolt goes on

Yemen's president offered yesterday to form a unity government with opponents — provided protests

against him stop. The opposition swiftly rejected the gesture.

President Ali Abdullah Saleh's latest overture comes a day before opponents were to stage "a day of rage" around the country to push for his ouster.

THE ASSOCIATED PRESS

Dignity Project aims to change views on poor

Many Canadians say those in need are to blame for problems: Report Education project launches today

While they may be generous enough to whip out their wallets, a new report suggests many Canadians don't appear to be too charitable in their opinions of the poor.

The Salvation Army report finds many Canadians believe the poor have mostly themselves to blame for their lot in life and that poverty is a choice.

While Canadians believe poverty is the third most pressing issue facing the country behind the economy and health care, many don't have a realistic picture of what it's like to be poor, according to The Dignity Project: Debunking Myths About Poverty in Canada.

"Many Canadians understand that the poor are out there, that they struggle, that they need some form of assistance," said the Christian organization's Andrew Burditt.

"But ... many Canadians didn't really understand the extent to which systemic barriers can get in the way of really providing a life for yourself and that does rob you of your dignity," he said.

Poverty line

- 37 per cent of 1,025 adults polled by Angus Reid said they believe poor "still have it pretty good."
- Nearly half believe a family of four could sustain on \$10,000 — \$30,000 a year or less.
- Statistics Canada says average poverty line cutoff is \$35,000 for a family of four in an urban setting.

Lower-paying jobs, lack of access to job training and affordable housing, mental-health issues and addiction perpetuate poverty, he said.

"There are jobs out there that are minimum wage or slightly above, but it's difficult to really put a life together using a job in coffee shop or a job at a fast food restaurant," said Burditt.

To educate the public about the realities of poverty, the social services provider is set to launch the Dignity Project today at salvationarmy.ca/dignity.

ty.

The effort will feature online events, street outreach, traditional advertising and social networking.

Burditt hopes the project will get Canadians talking about the causes of and solutions to poverty.

About three million Canadians live in poverty, a figure that has remained relatively unchanged over the past decade, the report said.

Only 65 per cent of those polled said they believe being poor can rob someone of their dignity.

Gwen Boyne, a 21-year-old Newmarket woman said she lived for eight months in a youth shelter in Sutton. Shelter workers helped her finish her high school diploma and get a driver's licence, an apartment and a job.

"I was on welfare for six months, and I mean that's only \$570 a month, and after you pay your rent — say my rent was \$450 — that only leaves (about) \$100 for food and other bills," said Boyne. "If there weren't food banks, a lot of people wouldn't eat," she said.

THE CANADIAN PRESS



Nod to baseball great

The U.S. government paid tribute to its northern neighbour for contributing to the end of segregation in baseball and, with that, to the greater history of American civil rights.

American diplomats gathered yesterday to unveil a plaque at the Montreal home where Jackie Robinson lived in the summer of 1946 as he prepared to break baseball's infamous colour barrier.

Robinson was welcomed by the locals in his one season with the minor-league Montreal Royals, in his final stop before moving on to the major leagues.

The U.S. ambassador to Canada, David Jacobson, cast the event of that summer in broader historical terms.

Jacobson reminded an audience gathered outside

that he was there on behalf of an African-American president — something that would have been unthinkable 65 years ago.

"On behalf of the president of the United States and on behalf of the American people, I want to thank the people of Montreal for what you did — not only

for the Robinsons, and not only for baseball, but for all of the American people and all of the people of North America," Jacobson said.

Officials read a letter from Robinson's widow, Rachel, now 88, which said the couple appreciated the welcome in Canada.

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Surging GDP augurs well for 2011: Analysts

- December alone saw growth spurt of 0.5 per cent
- Pre-tax corporate profits came in at 41 per cent

Canada's economy was surprisingly hot at the end of last year, setting the stage for a fast start in 2011 that bodes well for jobs and other economic indicators.

The economy grew 3.3 per cent in the last quarter of 2010, a full point stronger than the Bank of Canada had predicted.

Adding to the good news, Statistics Canada revised the results of the third quarter upwards to 1.8 per cent from one per cent, meaning the country finished the year with an overall 3.1 per cent increase in gross domestic product.

"On balance, this report stands up to careful scrutiny in signalling greater-than-expected breadth of

growth in the Canadian economy," said Derek Holt, vice-president of economics with Scotia Capital.

There were three main ingredients to the strong quarter. Exports surged 17 per cent annualized, helping to bring along manufacturing, which surprised on the upside, and consumer spending, which jumped 4.9 per cent.

Bank of Montreal economist Douglas Porter said the strong hand-off means the first quarter of this year should come in even better, at about 3.5 per cent.

Porter and his forecasting group have joined the Royal Bank and Merrill Lynch in projecting growth of over 3 per cent for all of

2011, well above the Bank of Canada's call of 2.4.

But there were downside surprises in the GDP report. Inventory buildup fell, not usual during a recovery, and business investment in new machinery and equipment was flat, though the previous three quarters had been strong.

THE CANADIAN PRESS

1

The Bank of Canada set the interest rate at one per cent in September, but the economy's strong showing could spur the bank to raise it.



► Mike and Andy Priestman show off some of Nice PKG's snazzy gadget wrappers at their Concord, Ont., office, while dogs Titus and Stewart look on.

ANDREW WALLACE/TORSTAR NEWS SERVICE

Nice work if you can get it

As Mike and Andy Priestman have proved, the words "stylish" and "digital" needn't be mutually exclusive. The brothers founded Nice PKG, billed as a "purveyor of fine digital accessories," in 2009. Since then they've built a \$1-million company by wrapping up laptops, phones and other tech gear in natty bags, sleeves and cases.

Market moment

| TSX | Dollar | Oil | Natural gas |
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Metro expands to two new cities

Metro Canada will launch newspapers in London, Ont., and Winnipeg on April 4. The new editions join seven other Canadian cities and more than 100 major centres around the world.

"It is exciting to see the demand for Metro continue to grow with both readers and advertising partners," Bill McDonald, president and publisher of Metro English Canada, said yesterday.

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Paper chase

► Winnipeg is the eighth-largest census metropolitan area in Canada, with a population of 750,000.

► London is the 11th-largest CMA, with a population of 490,000, according to Statistics Canada.

Report profiles average Canadians in the red

The average Canadian who files for bankruptcy owes \$59,800, not counting a mortgage, and is a 41-year-old married man with four credit cards, says a report by an Ontario bankruptcy trustee.

The information, released yesterday by Hoyes Michalos & Associates, says the amount owed by the average bankruptcy filer is about three-and-a-half times more than the debt level of the average

Canadian.

The report is based on an analysis of 8,000 insolvent filings handled by Hoyes Michalos in 2009 and 2010. It takes aim at the assumption that people who file for bankruptcy are unemployed. In fact, the average insolvent person is working and earns close to the Canadian average of \$2,419 a month.

However, between 2008 and 2010 their average debt rose 17 per cent. The

largest increase was in credit card debt, which grew by about one-third.

The report says the economic downturn combined with job loss or income reduction has forced more families to rely on credit to pay their bills.

There has also been a rise in the number of people over 55 who are snowed under by debt. On average, these debtors owed about \$74,000 in un-

secured debt, including credit card debt of \$37,000. Their average take-home pay was \$2,133, well below the Canadian average.

The firm's research also shows that more than half of bankrupts admitted that they were overextended and mismanaged their finances, but that mismanagement was typically caused or dramatically increased by separation or divorce, job loss or personal illness. TORSTAR NEWS SERVICE

Meet Joe Debtor

The report, titled *Joe Debtor: The Face of Bankruptcy*, found:

- 58 per cent of those who file for bankruptcy are males and take home \$2,240 a month after taxes, slightly less than the national average.
- 60 per cent are between 30 and 39 years old.

► The average bankrupt has credit card debt of \$24,400, owes \$13,800 to banks, \$5,400 in back taxes and has other debts of about \$16,200 owed to finance companies, payday loans, for student loans and to family and friends.

► The number of people over 55 in financial trouble is increasing and their debts are higher.

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THE EVOLUTION OF SIBLING RIVALRIES

She says ...

JESSICA NAPIER



When I was a child I longed for a sister. A genetically identical comrade who would share my love of pink party dresses and understand Barbie and Ken's tumultuous make-believe romance.

Instead, I got a younger brother. He didn't want to play with my Barbie dolls; he was far more interested in decapitating them.

James — yes, we're one of those unfortunate pairs whose parents thought it would be cute to give us names that start with the same initial — was not a pretty playmate. He was a gross, annoying brat who kicked the back of my chair on road trips. A basement-dwelling creature who only emerged from his room to

forage for food and roll his eyes at my high school awkwardness.

Of course, I was no angel. In any juvenile brother-sister dynamic it takes two to torment — and I had a smug first-born complex and a seriously bossy attitude.

Does any of this sound a bit familiar?

Unless you're an only child, in which case you probably have your own issues, I'll bet you have countless stories involving an insufferable brother or sister.

Siblings, it seems, are in constant competition for their parents' attention and acclaim. Inevitably, comparisons are

drawn and children strive to live up to the labels they've been given — the "pretty one," the "smart one" and, of course, "the favourite."

"As siblings mature they do the unthinkable — they start to enjoy each other's company."

However, time goes on and the teasing and bickering starts to dissipate. As siblings mature they do the unthinkable — they start to enjoy each other's company. At some point we stop seeing them as our bratty little brothers and spiteful older sisters and

we start thinking of them as adults.

Somewhere between the end of high school and our 20-something years, my brother and I

called a truce; rivalry gave way to revelry and, eventually, we became friends. Yes, it turns out that my unbearable kid brother is actually terribly witty and pretty fun to be around, as long as we're not living under the same roof.

Occasionally, we regress — falling back into that childhood dynamic around the big family holidays, when stress levels are high and there's never enough wine on hand — but we've tamed our childish tendencies for the most part. And even though he still rolls his eyes at me from time to time, I've come to realize that I really do love him — like a brother, in fact.



Read more of
Jessica Napier's columns
at metroneWS.ca/shesays

Cartoon

MICHAEL DE ADDER

CANADIAN HOUSEHOLD DEBT



Camera 'traps' rare rhinos

Worth mentioning

Four of the world's most rare rhinoceroses were captured by camera traps installed in an Indonesian national park, an environmental group said yesterday.

The footage from movement-triggered hidden cameras showed two mother Javan rhinos and two calves in Ujung Kulon National Park in November and December last year, said a release from the WWF-Indonesia.

Javan rhinos are one of the world's most endangered species, with an estimated population of no more than 50 in Ujung Kulon. A few others live in Vietnam's Cat Tien National Park.

Endangered



"This is good news to ensure that the population is viable," said Adhi Hariyadi, WWF project leader in the park.

The national park's chief, Agus Priambudi, said the footage provided substantial information about population dynamics of Javan rhinos, as well as feedback about survey and monitoring systems

of the survival of endangered species.

Rhino numbers in Indonesia over the past 50 years have been decimated by rampant poaching for horns — used in traditional Chinese medicines — and destruction of forests by farmers, illegal loggers and palm-oil plantation companies.

THE ASSOCIATED PRESS

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Metro Minute with MP Keith Martin

Gather locally to think globally at the University of Ottawa today with Liberal MP Keith Martin for his talk, Translating Knowledge Into Action: Improving The Health Of The Bottom Two Billion.

Martin has worked as a physician in South Africa and on African conservation projects linking environmental stewardship

with human security. He developed the Centre for International Health and Development Initiative (CIHD) to link universities in North America with institutions in developing countries. The lecture is at 10:30 a.m. in Room 3120 of the Desmarais Building (55 Laurier Ave. E.). The talk is free and no registration is required. ■ METRO



► MP Keith Martin will speak today at the University of Ottawa.

2

scene

Scene in brief



NBC says Miley Cyrus will be making her first appearance as guest host of Saturday Night Live this week.

The network said yesterday that the multiplatinum-selling singer will be joined by musical guests The Strokes.

A week later on March 12, Zach Galifianakis makes his return visit to SNL as guest host with musical guest Jessie J.

Galifianakis stars on the HBO comedy series Bored to Death. He has just finished filming The Hangover 2.

THE ASSOCIATED PRESS



► Ken Finkleman, left, best known for his work on The Newsroom, is back with a new comedy series Good Dog, which debuts Sunday on HBO Canada.

Finkleman looks for truth in Good Dog

- Creator of The Newsroom gets back to his neurotic self in new comedy
- Satirist inspired by daily life and taking simple situations to the extreme



STEVE GOW

SCENE@METRONEWS.CA

If there's one thing you can say about the star and creator of award-winning TV series The Newsroom, it's that Ken Finkleman has been ahead of his time. And now the mind behind that acclaimed satire is finally back to form with Good Dog.

"What influenced (this series) is simply my daily life," said Finkleman about the show that will

debut Sunday on HBO Canada. "Something small happens and then the character tries to either take advantage of that or cure that ... and in meddling with (it), you get into trouble."

If that sounds Curb Your Enthusiasm-esque, don't be surprised to find the pilot episode addressing that issue. Besides, The Newsroom made its debut in 1996 so some may argue that Finkleman's neurotic archetype preceded Curb's Larry David — a

character that Finkleman might have a tough time separating from his own off-screen psyche.

"Everything I do is in search of some kind of truth and ... it's stuff that goes through my head that I might not act on," explained Finkleman. "(But) you let it out in a comic format and maybe you find some kind of truth and so you could, for lack of a better word, call it the id."

While Finkleman denies enjoying much about the process of writing (or

filming for that matter), he does concoct some comical situations involving a compulsive, older man dating a "trophy girlfriend." And while he has devised a clever series, the pain of the art is definitely not lost on the artist — as explained with a simple analogy.

"My ex-wife is a judge and I think she likes it very much," said Finkleman. "But guys have to gun other people down before she can enjoy her work."

Quotes

► What inspires Ken Finkleman's work: "I just don't want to be a useless person hanging out doing nothing all day — it would be embarrassing and if people found out you'd have a hard time trying to hold your head up."

► Finkleman on why his characters are all named George: "(It's) the same guy moving from one series to the next and also kind of falls into the same traps. (Which is the) comic trap from The Honeymooners, where his reach exceeds his grasp."

DVD Releases this week

Buy it **Rent it** **Borrow it** **Yawn** **Don't bother**

Megamind

Genre: Animation
Director: Tom McGrath
Stars: Will Ferrell, Jonah Hill and Brad Pitt

Megamind isn't so much a movie as it is a pop cultural pile-on.

This animated superhero parody makes so many zippy references to film, music and other mass obsessions, it's like watching stand-up comedians trade riffs with each other on a Just For Laughs stage.



With the exception of Brad Pitt, who is capable of hilarity, most of the principal voices actually are veteran stand-up and/or sketch comics.

Will Ferrell is the titular villain, a big-domed

blue genius who just wants the world to obey him — or else. Pitt is Metro Man, a flying hunk who defends truth, liberty and the American way in a concrete burg called Metro City. ■ PETER HOWELL

127 Hours

Genre: Drama
Director: Danny Boyle
Stars: James Franco, Amber Tamblyn and Kate Mara

If you really think about it, this is a black comedy, although you definitely shouldn't go to this Danny Boyle wonder expecting a yukfest. It's often hard to watch, especially that scene where James Franco, playing Colorado adventurer Aron Ralston, is obliged to cut his arm off to escape an unyielding boulder. All the same, if you have an appreciation for the cruel absurdities of life and the ability to rise above them, then 127 Hours is the ultimate Road Runner cartoon. Franco's Ralston is a real-life Wile E. Coyote, trapped by a boulder made not by Acme Inc., but rather by the mischievous gods of fate.



■ PETER HOWELL



Nelly Furtado, who was paid \$1 million to perform for Gadhafi clan, says she will donate money. Scan code for the story.

Lohan to pose nude: Report

► Struggling for a comeback, star inks reported \$3-million deal to bare all

While struggling for a comeback between court appearances, Lindsay Lohan has reportedly signed a \$3 million deal to pose nude for a new book by photographer Terry Richardson, according to the Daily Mirror.

"Lindsay is struggling to get another break in Hollywood. There's a stigma attached to working with her and she is determined to change this — starting with the photographic book," a source tells the newspaper.

"Terry Richardson has persuaded Lindsay and James (Franco) to get involved. He has assured them it will be provocative but tasteful. There will be a lot of nakedness — some of it graphic and suggestive — but it will be a real statement book."

• METRO



► Lindsay Lohan

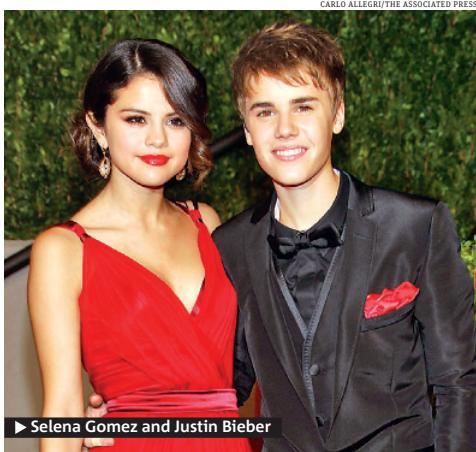
Sheen says he's 'at war'

Tensions show no sign of easing between Charlie Sheen and CBS, as the actor says he and the folks behind Two and a Half Men are "definitely at war."

"The war is that they are trying to destroy my family, trying to take all my money, leaving me with no means to support my family," he tells the Today show.

Sheen, who claims he is now completely sober, says his in-home rehab system worked. "I closed my eyes and made it so with the power of my mind," he says of his sobriety.

• METRO



► Selena Gomez and Justin Bieber

Bieber and Gomez: It's official, matching outfits and all

After months of dodging paparazzi and questions about their relationship, Justin Bieber and Selena Gomez made their first public appearance as a couple at the Vanity Fair

Oscar party in Hollywood Sunday night, according to Popcrunch. The pair even coordinated their outfits, with Bieber's red pocket square matching Gomez's crimson gown. • METRO

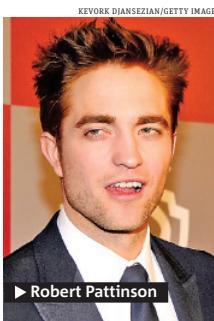


► Charlie Sheen

Talking points

Pattinson and Stewart make a splash

PARTY. Twilight co-stars and notoriously private couple Robert Pattinson and Kristen Stewart made quite a splash at a pre-Oscars party at the Chateau Marmont, according to Us Weekly. The shy couple was "dancing the whole time," a source says. "They definitely kissed a few times." • METRO



► Robert Pattinson

Ci Ci and Ri Ri beef, makeup

After Ciara made some songstress when asked not-so-nice comments to about meeting her.

But just as quickly, Rihanna and Ciara have made up, with Rihanna tweeting, "Ciara baby, I love [you] girl! [You] hurt my feelings real bad on TV! I'm heartbroken! That's [why] I retaliated this way! So sorry."

"She wasn't the nicest in the world," Ciara said of the Barbados-born



Ciara

Celebrity tweets



Elijah Wood
[@woodelijah]

i love eggs. i love them on pizza, scrambled, poached, fried, steamed, green, sunny side up, over rice, on a burger...



Kanye West

[@kanyewest] Don't ever try to sell me on anything. Give me ALL the information and I'll make my own decisions.



Kelly Osbourne
[@MissKellyO]

My mum keep yelling brixton ya can't take a lady away from her roots!!!



Steve Martin
[@SteveMartinInToGo]

Home from the Oscars. I enjoyed working with Anne Hathaway. Never knew she was Shakespeare's wife.

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fugitive
celebrity
slacker
joker
alien.

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'Raccoon Whisperer' charged again

An unidentified man remains in hospital this morning after receiving what he calls the beating of his life. According to the police report, the man sustained injuries to his head and shoulders when he was hit by a car about

of his life. According to the police report, the man sustained injuries from being beaten about the head and shoulders with a 13 album, career-spanning box set of the band 'Movable Dogs'. Why the strange weapon? It seems the man brought him one too many duplicate copies of the record album, and clearly had enough of his music to send to the man's swiftly passing.

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normally associate with the middle of July. During the final playoff game of the local peewee division hockey league, the venue's heating system malfunctioned and melted the ice in record time. The scene at Newberry Arena was one you'd normally associate with the middle of July. During the final playoff game of the local peewee division hockey league, the venue's heating system malfunctioned and melted the ice in record time.

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Movie Review

In the hands of an average Tinseltown director, this film would likely have been a complete catastrophe. The title alone is enough to scare away any skittish investor, & alone the most adventurous of film buffs. In this case, Lucas Black's helminthic directorial from the mind of the 80's has another defor-

s ek out his revenge. N so in t is genre- epic. On y Ch rie you makes friends. The lead

Hockey

The scene at Newby Arena was one you'd normally associate with the middle of July. During the final playoff game of the local peewee division hockey league, the venue's heating system malfunctioned and melted the ice in record time. But the rapidly rising temperature inside the arena didn't stop these plucky kids from finishing the pivotal game. The championship was decided by an impromptu match water polo. The game ended in a dramatic 15 - 13 home

"The scene at Newby Arena was one you'd normally associate with the middle of July. During the final playoff game of the local peewee division hockey league, the venue's heating system malfunctioned"

**Daily Squeeze**

Larry Track, a leading fitness trainer, owner of Track Fitness in Toronto and a contributing expert at DailySqueeze.ca gives his advice on how trends come and go, but which ones can you trust? Read his five "rules" you shouldn't second-guess and why at metronews.ca.

METRO



The American Academy of Pediatrics wants teenagers banned from tanning salons to reduce their risk of skin cancer.

Weighing the future of video game fitness

► Metro's Heather Buchan is put through the paces of both the real world and virtual workouts



HEATHER
BUCHAN
LIFE@METRONEWS.CA

Two weeks after embarking on a quest to determine whether Ubisoft's Your Shape Fitness Evolved for Xbox Kinect — a fitness-simulation program that displays your image on the TV screen and tracks your movements in real time while you follow a virtual personal trainer — will negate the need for gym memberships in the future, my verdict is in.

And the answer is no.

Despite Your Shape's advanced technology — a Kinect sensor measures your height and limbs and then projects a digital image of you, albeit not a very flattering one, on the screen as you work out — it can't compete with the experience and results of working out at the gym with a trainer.

For starters, Your Shape doesn't gauge your level of fitness, strength and flexibility as effectively as a real personal trainer can. To develop your profile, the game asks a few standard questions — age, weight, gender and lifestyle — whereas at the gym, I underwent a full hour of initial testing in order for the trainer to precisely capture my fitness level.

Although Your Shape offers a good variety of cardio, sculpting and toning classes, working out in my basement in front of the TV just can't substitute



► Heather Buchan worked out with a trainer and Ubisoft's Your Shape Fitness Evolved to weigh the differences.

having a real trainer continually motivating me to bend deeper, push harder or do one more rep.

In fact, I began to feel somewhat like a robot in front of the TV screen, whereas during my one-on-one sessions at Toronto's Pure Fitness, certified personal trainer and registered dietitian Nanci S. Guest continually pointed out, when I was ready to give up, that the last rep should be hard to finish; that's when you know you're creating change in your body.

Half the battle of working out is mental, after all,



and it certainly helps to have someone right beside you pushing you the entire way through.

Nanci also asked me to keep a food diary, recording everything I put into

my mouth for one week. I automatically became more careful of portion sizes and unhealthy foods I was consuming when I had to actually track it all.

Having a personal train-

Follow her

Look back on Heather's adventure online.

► Web You can read all of Heather's adventure through the world of video game fitness on metronews.ca.

er at the gym also kept monotony at bay.

No two sessions were alike. Nanci would constantly change up the sets, reps, weight and exercises, which kept my interest but also provided results, since muscles burn more calories when they're being challenged with something new and unfamiliar.

On the upside, Your Shape, allowed me to work out in the convenience of my home when my baby was napping, without having to organize babysitting.

However, if you're not fitness inclined, Your Shape certainly won't motivate you to get off your couch.

I see it more as a supplement to the gym for fitness buffs, but certainly not a replacement.

In the end, those last 12 post-baby pounds still loom, but I feel stronger and have more stamina after two weeks of working out with Nanci and Your Shape.

The road to post-partum weight loss may be longer than I anticipated, but the end is now in sight.

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The pain of infertility

► New research out of Quebec has found a link between painkillers and conception issues

ISTOCK
CELIA MILNE
LIFE@METRONEWS.CA

Over-the-counter painkillers could be keeping you from conceiving.

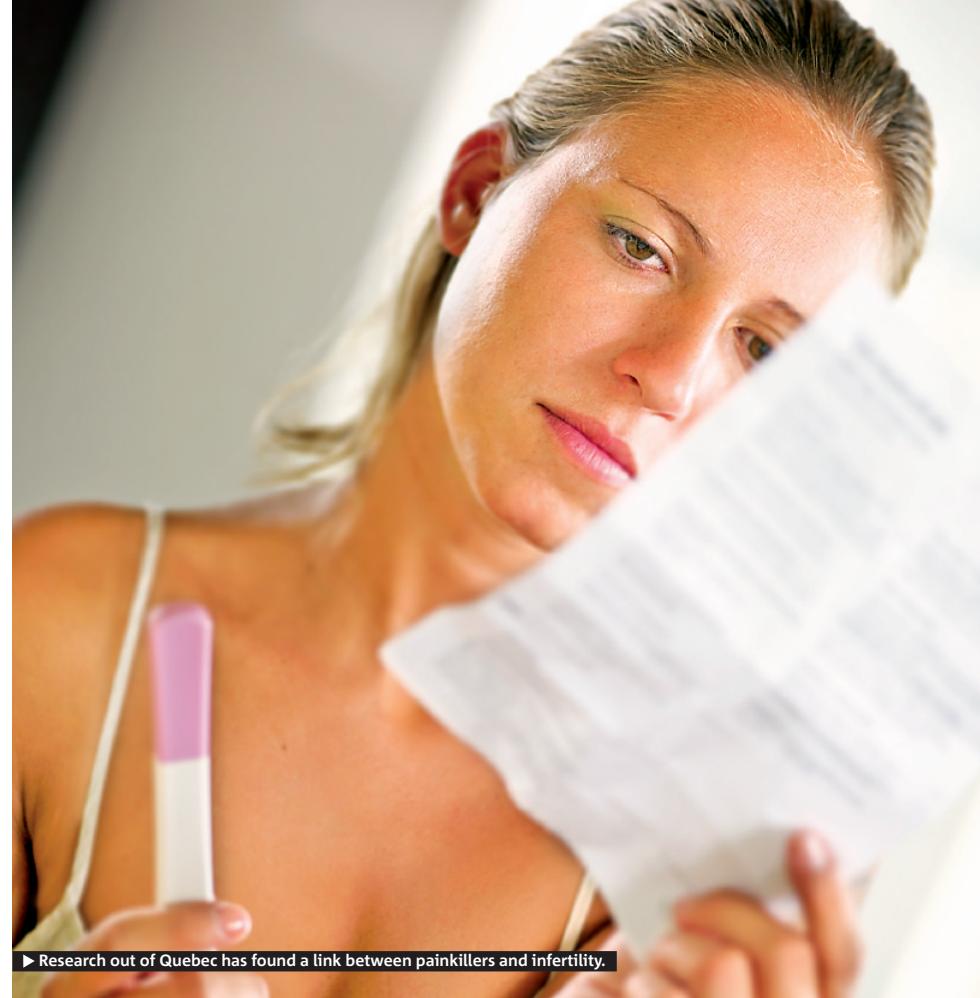
Millions of women reach for Aspirin, Advil or Anaprox when they have aches and pains, including menstrual pain. But taking these pills on a regular basis may disturb the work of important chemicals responsible for reproduction, says Dr. Michel A. Fortier.

"Do not expect to become pregnant while taking these," says Fortier, a professor in the faculty of medicine at Laval University in Quebec City.

After many years of research, Fortier has found that a family of chemicals called prostaglandins are crucial for conception. Prostaglandins are hormones of fine tuning in various parts of the body.

They help inflammation, pain, fever and blood clotting, and protect the lining of the stomach from acid damage.

They also help control vascular pressure, uterine



► Research out of Quebec has found a link between painkillers and infertility.

By the numbers

Here's what you need to know:

- **Percentages 7-9:** Estimated percentage of people in Canada who are infertile.
- **Rate 1.6:** Canada's fertility rate
- **Population 2.1:** Number needed to replace the population
- **Births 20:** Average age of first birth in 1986
- **A decade later 29:** Average age of first birth in 1996

tone, and bone absorption. However, along with these benefits there are risks. NSAIDs (non-steroidal anti-inflammatory drugs) block the good prostaglandins that women need to conceive, says Fortier.

This scientific knowledge has been so recently linked that many doctors may not connect the two when a woman suffers from infertility.

"If your pain is not a threat, reduce your use of

NSAIDs for sure if you want to be pregnant," he says.

Taking painkillers for one or two days to control menstrual pain is not likely to affect fertility, but taking them frequently

over long periods of time may cause women to ovulate late, too late for her eggs to be fertilized.

However, don't fret. Fortier says that if you stop taking these drugs, the problem should reverse.

Thoughts on... Rest

ADVICE At times, it can seem that life dictates we stay busy. The truth of the matter is that we need to build the appropriate amount of time to rest and renew into our days. Personally, I find that taking a break and resting is one of the best ways to become rejuvenated and productive.

However, many feel guilty about resting in the first place. Taking a rest doesn't mean you are lazy or wasting time.

No. It's something that our body and mind need. Therefore, the next time you are feeling fatigued, overwhelmed, stressed, or even frustrated — take a rest.

Give yourself permission to rest and enjoy. There's no substitute for rest — get plenty.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Exercise can cut cancer

Everyone knows that being active can cut down on heart disease risk. But it's not as well known that regular exercise can also cut down on risk of certain types of cancer.

According to the World Cancer Research Fund (WCRF), eating a healthy diet, being physically active and limiting alcohol intake can reduce rates of breast, stomach and colon cancer.

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Dr. Nhu Ngoc Vo, Optometrist
613 688-5094

Rideau

137, Rideau Street (Near Nicholas Street)

Dr. Angela Malik, Optometrist

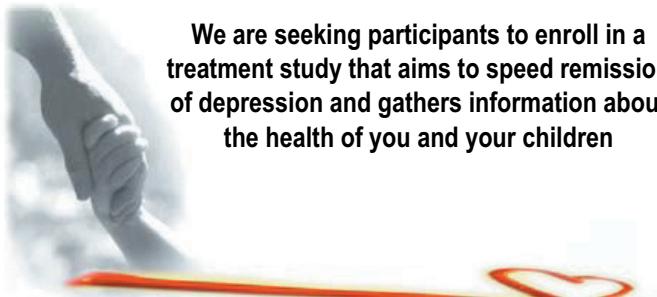
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16

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TUESDAY, MARCH 1, 2011

Learn to walk in her shoes

► Ramona Braganza takes on CARE's latest challenge

Celebrity fitness trainer Ramona Braganza, best known for sculpting Hollywood bodies, including that of Jessica Alba and Halle Berry, recently took on her latest challenge: CARE Canada's Walk in Her Shoes.

Music is a walkers' best friend

As I keep training for Walk in Her Shoes, I'm finding that while I enjoy walking in silent meditation at times, I also really enjoy having my iPod with me.

I update and add to my playlist on a regular basis and right now I really love Lady Gaga and old school songs.

I also enjoy using the songs as interval training — alternating fast and slow songs can help me



METRO WORLD NEWS

pick up, or slow down, the pace.

As a former NFL cheerleader (and having danced my whole life), music is a big part of everything I do.

Don't forget to warm up

A few quick warm-ups I do before each training ses-

sion includes: neck-rolls, arm circles, quad stretches, leg swings and toe raises. Warming up gets the blood and oxygen to the muscles, preparing you for the start of an activity and preventing possible injuries.

The Fuel to Move

Whenever you plan to walk during your day make sure you are fuelled up first.

If you are planning to walk in the morning make sure you allow time to eat a little something half an hour before. Here are some easy suggestions: Yogurt, a protein bar or shake or some fruit like a banana.

Not only will these foods give you more energy but they will help jump-start your metabolism.

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**YES, YOU HAVE TO HELP YOUR TEENS
BRUSH THEIR TEETH**



Before we get started, we want to be clear that we do not expect you to physically brush the teeth of your teenagers! They are young adults and that means you should not have to brush for them. But **you simply cannot assume that your teenager will look after his/her own teeth without some help!**

So how do you help teenagers take care of their teeth?

The first thing to do is **talk to them** about the importance of oral health! Just as you should talk to them about the dangers of smoking and the use of narcotics, you need to talk to them about their teeth.

Some of them may roll their eyes at the thought of another parental lecture. So remember to keep it short before you lose their attention. But the truth is that your teens need to understand the link between oral health and overall health. In other words, you need to help **educate them!**

In doing so, focus on what gets your teen to pay attention. If a discussion about the link between heart health and oral health causes their eyes to gloss over, focus on the **poor cosmetic appearance that teeth can have if they have not been cared for.** Afterall, most teenagers still want to look good. So if appealing to their vanity gets them to brush, do not be afraid to go with what works.

Of course, if any group will call you out for failing to "walk the walk," it will be a teenager. If you do not look after your teeth, it will be much more

difficult to convince a teenager that s/he should do so. So **set a good example** by showing your teenager that oral health matters to you. Not only might it influence your teenager to do likewise, but it will also mean YOU will enjoy better oral health.

Part of setting a good example means you will likely **have many oral health care products around your house.** Afterall, you cannot set a good example without the products you need to do the job.

So make sure you **have plenty of toothpaste, dental floss and new toothbrushes on hand.** And make sure you change toothbrushes regularly.

That may mean you have to take the initiative to **throw out your teenager's toothbrush at least every three months** as there is a good chance they will not remember. Don't make a big

deal out of it. Just throw out the old, give them a new one and they may barely even notice. As long as they use it!

Try to **keep junk food out of the house.** Teenagers have notoriously bad diets already, particularly with all of the time they spend away from home. So when they are home, make sure their snack choices include less processed junk food and more fruits and vegetables!

Finally, **book their dentist appointments for them.** Yes, they are young adults and we want to allow them to take on the responsibilities of adulthood. But we are talking about their health and we cannot allow them to jeopardize their health as we try to get them to learn to control their own schedules.

Nobody needs to be reminded that our teenage children pose some challenges. From chasing them to do their homework to keeping their rooms clean, perhaps the last thing you need is one more thing to have to work on with them.

Just remember that someday, they will flash a big smile your way, and thank you for caring for their oral health. And they will realize then, that helping your teen look after their teeth is a healthy habit...and healthy habits lead to healthy lives.

Dr. Martin LaBoissonnierre
- Dental Surgeon

Don't judge Papa Sam's pizza by first glance

► This eatery's pizza may look greasy, but it's dripping with goodness

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

 Walking into Papa Sam's in Kanata is like walking into an old-fashioned diner where you sense that all the people working in the place are friends or relatives of the owners.

It has a homey, down-to-earth, unpretentious feel.

I had been warned that it's a busy place so we arrived slightly before the onslaught of the lunch crowd. This was a good thing since the tables filled up fast after we arrived.

Although the menu runs the gamut from shawarmas to lasagnas, I heard it was the pizza that draws the most rave reviews.

► **Papa Sam's**
700 March Rd.
613-591-8080
Reservations: Yes
Price range: \$
Rating: 4 out of 5



► Small Combination Pizza (\$9.95)

I ordered the small combination, an old favourite, with mushrooms, pepperoni and green peppers.

On first glance, it

looked greasy. But on first taste, it was juicy and dripping with goodness.

The crust was perfectly golden and the cheese im-

peccably crisped. The sauce was flavourful and seasoned just right. It was perfect. Papa Sam, you make good pizza.

Emeril discovers the originals

► The chef's new show will see him exploring historic U.S. restaurants to learn the secrets of their success

Emeril Lagasse, who knows something about longevity in the food world, will dissect the secrets of success of historic restaurants on a new television show.

Called The Originals, the show will begin airing in May on the Cooking Channel, Lagasse said.

"Everybody's doing something new, so I'm doing something old," he said.

"I'm going to restaurants around the country that have been in business 50, 75, 100 years. Places that are still in business, and are doing it right."

One of the earliest stars launched by the Food Network, Lagasse sold the rights to his franchise of books, television shows and kitchen products to Martha Stewart Living Omnimedia Inc. in 2008.

After taking some time off, he's kept busy with a variety of projects: In addition to The Originals, Lagasse has a new cooking show in the works for the Hallmark Channel, a 16th cookbook coming out in the fall and "three projects on the drawing board" at his various restaurants.

Working for Stewart has been a "great journey," Lagasse said. Stewart is a valuable sounding board but has also given him the freedom to pursue his own projects, he said.

"The support system of not only the Emeril team but the support system of Martha's team has been incredible," he said.

Lagasse writes a monthly column for Stewart's Everyday Food magazine about cooking with his young son and daughter.

He said getting kids to

enjoy a variety of healthy foods starts with setting a good example, in addition to involving them in the cooking process.

Though his column focuses on easy, weeknight recipes for busy families, Lagasse is encouraged that more parents appear to be making cooking with their kids a weekend activity.

"I see more parents not only cooking for friends and family, but I see more parents taking time to do something interactive with the family," he said.

Though his new show will look at restaurants that opened decades ago, Lagasse said he doesn't spend much time reminiscing about his own past.

"I can't look back and say, 'That was great.' I've got to look forward and say, 'What's greater?'"

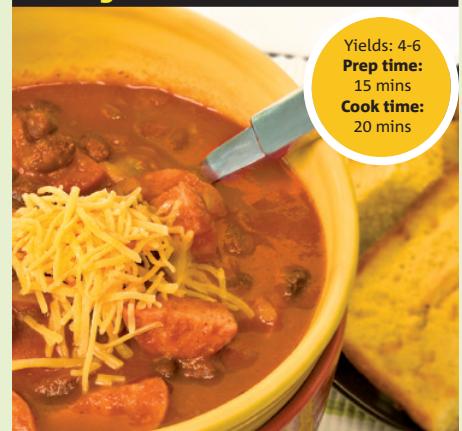
THE ASSOCIATED PRESS



► Emeril Lagasse returns to TV in May with a new show.

Sausage and Rice Chili

Yields: 4-6
Prep time:
15 mins
Cook time:
20 mins



 EMILY RICHARDS
FOOD@METRONEWS.CA

Preparation:

1 Remove casings from sausages. Cook in pot over medium high heat for about 5 minutes or until no longer pink.

2 Reduce heat to medium and add oil. Add onion, garlic, chilli powder and oregano and cook for about 5 minutes. Add rice and stir to coat. Add tomato sauce, chicken stock and water; bring to boil. Add beans, green pepper and pepper. Cover and simmer, stirring occasionally for about 15 minutes.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF.

Ingredients:

- 3 mild Italian sausages (about 12 oz/375 g)
- 2 tsp (10 mL) olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp (10 mL) chilli powder
- 1 tsp (5 mL) dried oregano leaves
- 1 1/2 cups (375 mL) Italian style or arborio rice
- 2 cups (500 mL) marinara pasta sauce
- 2 cups (500 mL) chicken stock
- 1 cup (250 mL) water
- 1 can (19 oz/540 mL) red kidney beans, drained and rinsed
- 1 green pepper, chopped
- 1/4 tsp (1 mL) pepper

FOR MORE, VISIT
EMILYRICHARDSCOOKS.CA.

AFTER 7 YEARS, IT MAY BE TIME TO MOVE ON

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS
@METRONEWS.CA



I have been dating my boyfriend for almost seven years. We are both in our early 20s and have known each other since middle school. I'm debating if I should continue with him because it seems it is taking him too long to do couples things, such as travelling or anything special, with me. And we only do stuff on Valentine's Day if I plan something. He is going through this thing where he wants to be able to go out with his friends but he still wants me around. We are best friends but I don't know what to do. Do you think I'm wasting my time and should move on, or continue and wait to see what happens?

Andrea: Dear practically married-to-high-school-sweetheart, I can assure you that the past seven

years of your life haven't been a waste, but the next seven depend on you.

What are you waiting for? Last I checked, there isn't a magical-fairy-script writer who flies in and turns your relationship into a romantic comedy.

Relationships take work, and you have yours cut out for you.

You're the long-term girlfriend of a 20-something male, which means that you're about as exciting to him as a dental appointment.

For him to really feel motivated and treat you like a woman, you have to create the incentive.

Have you been acting more like a friend than a girlfriend? If so, try changing up your image to smoldering female.

Have you been compromising on your alone time together for the sake of his time with friends?

Stand up for yourself and your ideas.

If he's still unwilling to woo you every now and then, it's time to graduate to a guy who can.

Claire: Dear early 20s, One of the benefits of being a 30-something single mother who's lived around the world is wisdom. So here it is: you can't change his behaviour, so change yours.

Neglect him back and stop being so available.

Don't reach out in any way. If he gets in touch, answer him, but don't ask about him, or seek him out in any way. But don't do this out of anger or bitterness.

Reclaim the parts of your life he used to fill.

Do your own thing, make plans with your friends, and don't change your plans to fit him in when he does come crawling back (unless he's having a heart transplant).

You two have grown up together, so though it used to be OK to make him the centre of your world when you were teenagers, it's time to review your priorities and give more time to your dreams and your future.

If this doesn't work, then you've learned another valuable piece of painful wisdom: people don't (often) change.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

ONLINE ROMANCE PREVAILS AGAIN

Names: Thomas, 25, and Vanessa, 23

Current city: Dartmouth, N.S.

Together since: 2005

Their story:

I (Vanessa) first met Thomas in an online chat room when I was in my first year of high school.

I lived in Halifax and he lived in Oxford, N.S. — about three hours away.

We always talked about getting together and meeting but never did.

When I was in my second year of high school,

Thomas moved out west and we stopped chatting.

We had no contact for four months, but then the day before I started grade 12, he happened to pop online and we started chatting again. He told me he was in Halifax and wanted to get together to finally meet.

We agreed to get together for coffee the next morning before school.

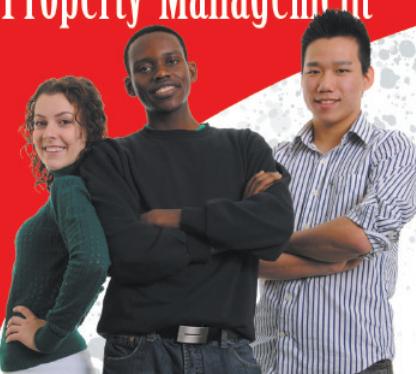
We had seen each other's pictures, but had never actually seen one another in person. I'm so glad I agreed to meet with Thomas that day — we sat and talked for three hours! Six years later, we are happily married and have two beautiful daughters.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY



► Thomas and Vanessa

Frank J. McDonald Property Management



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Ease into investing

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

 So you've just topped up your RRSP, or if you've been a particularly good boy or girl you've been adding to it all year. Well done! And if you've just made your first ever RRSP contributions, congratulations!

If you haven't already received it you'll soon get a phone call, gently pressuring you to do something with the money (i.e. invest it in stocks or mutual funds).

If you've got your money sitting uninvested in an RRSP, especially the no-fee variety, the financial institution isn't making any money. Hence the pressure.

My advice is to tell them to stuff it into a low fee high-interest savings account or GIC, until you know for sure what to do with it. (And please don't write telling me there's no such thing as a high-interest savings account. You know what I mean.)

As far as I'm concerned there's no rush whatsoever to make up your mind. I've rarely seen anyone who hurries into an investment do well. Usually



► Don't rush into investing your RRSP, regardless of pressure from the bank.

they end up sorry. Sometimes very sorry.

Let's say you were talked into buying a selection of technology stocks, or one or more technology mutual funds in 2000

Money matters

Be warned:

It can take a decade or more for an unbalanced portfolio to recover from a precipitous stock market drop.

before the technology-laden Nasdaq composite index hit its market peak of 5,132 on March 10 of that year. Legions were, and the pressure to catch hold of the technology rocket was intense.

Then the Nasdaq dropped 78 per cent by the end of 2002. Today almost 11 years later the index has recovered to just a little more than half of its peak. Many portfolios still haven't come back that far.

This is an extreme ex-

ample that can't happen again, right? Heard about the U.S. subprime financial implosion?

That was a made in the U.S. problem, which we were supposedly well insulated from.

Even so the TSX dropped almost 50 per cent from its highs of the summer of 2008 to the new year of 2009.

The moral of the story: never be rushed into investing you're not sure you want and don't understand the implications.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



REDUCE MY TAXES!

Taxes are unavoidable. Since 1917 we've been paying them and strategizing our way around them. Finding legitimate ways to reduce the amount of taxes you pay will help you protect your net worth. Just to be super clear, I'm not talking about tax evasion — that's illegal.

The two most common ways to minimize taxes are to invest in tax-advantaged savings plans such as RRSPs and TFSAs.

Nearly anyone can have an RRSP. It is, by far, the most utilized tax-reduction tool for Canadians. Individuals can contribute up to 18 per cent of their earned income through RRSP contributions, up to \$22,000 per year (indexed), and the limit can sometimes vary depending on your pension program at work.

These contributions are fully tax deductible and they grow tax-deferred until withdrawal. The greater the amount you contribute, the more income you get to deduct. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

The Tax Free Savings Ac-

count (TFSA) allows you to grow your money tax free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions or interest earned.

On the flip side, capital losses within the plan are not tax deductible and dividends aren't eligible for the dividend tax credit. You can contribute up to \$5,000 annually (indexed). Unused TFSA contribution room can be carried forward.

Charitable giving is yet another effective tool to reduce taxes and support your community. When you give money to a registered charity, it issues you a tax receipt that goes toward a tax credit when you file your return and then you ultimately decrease the taxes you pay. If you don't use the full tax credit, you can carry it forward.

Having a professional prepare or review your taxes pays off because he or she can help you optimize, and file for, the tax credits that apply to you. Your tax return is due by April 30 of each year.

Protect yourself from identity theft

Once armed with personal data, an identity thief can easily defraud victims of thousands of dollars

According to Sigma Assistel, a Desjardins Financial Security subsidiary specializing in telephone assistance services, identity theft is becoming more common in Canada.

In fact, you may already know someone who has been victimized by this crime. Worse yet, you may become a victim sometime in the future.

What is identity theft? It occurs when someone obtains another person's personal information without consent (such as a credit card number, driver's license, social insurance number, date of birth, etc.) to commit a crime like fraud.

Once armed with this information, an identity thief can easily defraud victims of thousands of

dollars.

Luckily, there are steps that you can take to prevent this crime from happening to you.

Here are five easy steps to protect yourself against identity theft:

- Systematically shred all unnecessary documents that contain any personal information that could be used to identify you, such as your date of birth, home address or social insurance number.
- Never confirm your PIN, credit card numbers, SIN, driver's license or other personal information over the phone or e-mail unless you initiated the request.
- Collect your mail every day. Or, if you're about to

go on vacation, ask a trusted friend or family member to collect it for you.

- Only do business over the web with reputable companies that have high Internet security standards.

Identity theft is a troubling trend, but forewarned is forearmed.

Know the risks and know how to protect yourself. And if identity theft should happen to you, contact your financial institution immediately.

For more information about protecting yourself, visit assistel.com.

NEWS CANADA



► Only do business over the web with reputable companies.

4

sports

Senators preview

Bruins at Senators
7:30 p.m.
TV: TSN
Radio: AM 1200



The hottest team in the East hopes for an easy win against the worst team in the conference. Boston (36-19-7) has won five straight games heading into Ottawa. The Bruins haven't had to work hard against the Senators this season. They've outscored Ottawa 14-4 in four games so far.



Ottawa (21-32-9) can play spoiler against Boston after a shock win against one of the best teams in the league. The Senators beat Eastern Conference-leading Philadelphia 4-1 on Saturday. Ottawa has yet to beat Boston on home ice this season.

THE CANADIAN PRESS



Scan code for more sports

Big names stay put at deadline

► Oilers trade Penner to Kings in one of the few major deals of the day

The rumours in recent weeks had Dustin Penner going just about everywhere, but it was the Los Angeles Kings who ended up snagging the big scoring forward from the Edmonton Oilers before the NHL trade deadline yesterday.

The Oilers got defence prospect Colten Teubert, a first-round draft pick in 2011 and a conditional 2012 second-rounder for the 28-year-old Penner.

It was the biggest move of an interesting, but not very active, deadline day that also saw the Washington Capitals pick up veteran centre Jason Arnott from New Jersey and defenceman Dennis Wideman from Florida.

The Panthers were the busiest team, moving four players — Wideman, Radek Dvorak, Bryan Allen, Chris Higgins — to go along with the three they had already dealt away in recent days. But they didn't deal goaltender Tomas Vokoun, who can become an unrestricted free agent July 1.

Dallas Stars centre Brad Richards also stayed put.

The Vancouver Canucks bolstered their depth by picking up two former Montreal Canadiens, Higgins and Maxim Lapierre, while the Toronto Maple Leafs made their

35

In all, 35 players and 12 draft picks changed hands in the 16 deals made before the 3 p.m. cutoff, the lowest total since 23 players were dealt in 12 transactions on deadline day in 2000.

big moves early in the trading season. On deadline day they sent minor-leaguer John Mitchell to the New York Rangers for a seventh-round pick.

The six-foot-four, 245-pound Penner still owns a home in California from his time with the Anaheim Ducks, with whom he won a Stanley Cup in 2007.

The Winkler, Man., native arrived in Edmonton the following season, sporting a \$21-million US, five-year contract that has one more season to run. After scoring 23 goals in his first campaign with the Oilers, Penner dipped to 17 in 2008-09 before rebounding last season with career highs of 32 goals and 63 points.

He has 21 goals in 62 games this season and was sought by just about every team looking for offence.

THE CANADIAN PRESS



► Dustin Penner headed back to California after being dealt to the Kings by the Oilers at the NHL trade deadline yesterday.

Campoli expendable after Phillips deal

"It looks like a good fit where I'll be able to ... play to my strengths."

CHRIS CAMPOLI ON BEING TRADED TO THE CHICAGO BLACKHAWKS

With five trades in the past three weeks, the biggest moves the Ottawa Senators made came well in advance of yesterday's trade deadline, but that doesn't mean there wasn't some activity in the hours leading up to it.

Late on Sunday a contract extension was offered to defenceman Chris Phillips, who has played all 925 of his career NHL games with the Senators.

He agreed to the contract yesterday, setting the stage for Ottawa's one trade.

The Senators sent de-

the Rockford IceHogs of the AHL.

According to Senators general manager Bryan Murray, Potulny will spend the rest of the season with the Senators.

Campoli, in his third season with the Senators, had three goals and 14 points in 58 games. Between the Phillips signing and Ottawa's youth movement, Campoli wasn't shocked by the trade.

The Senators also claimed goalie Curtis McElhinney off waivers from the Tampa Bay Lightning.

THE CANADIAN PRESS



► Chris Campoli

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|----------------|----|----|----|-----|----|-----|-----|-----|-----------|-----------|---------|------|
| d-Philadelphia | 62 | 40 | 16 | 3 | 3 | 203 | 159 | 86 | 20-8-1-2 | 20-8-2-1 | 6-3-1-0 | L1 |
| d-Tampa Bay | 62 | 37 | 18 | 3 | 5 | 194 | 148 | 79 | 15-12-2 | 16-11-2 | 5-3-0-2 | W3 |
| d-Boston | 62 | 36 | 19 | 2 | 5 | 194 | 148 | 79 | 15-12-2 | 16-11-2 | 6-4-0-0 | W5 |
| Pittsburgh | 64 | 37 | 21 | 3 | 3 | 187 | 159 | 80 | 20-11-2 | 17-10-1 | 3-5-1-1 | W1 |
| Washington | 63 | 33 | 20 | 5 | 5 | 163 | 161 | 76 | 17-8-2-5 | 16-12-3-0 | 5-5-0-0 | W1 |
| Montreal | 63 | 33 | 23 | 4 | 3 | 165 | 164 | 73 | 20-8-3-3 | 13-15-1-0 | 3-5-0-2 | W1 |
| NY Rangers | 64 | 33 | 27 | 2 | 2 | 179 | 157 | 70 | 14-15-1-2 | 19-12-1-0 | 4-6-0-0 | L1 |
| Carolina | 63 | 29 | 25 | 4 | 5 | 184 | 193 | 67 | 16-10-2-1 | 13-15-3-3 | 3-4-2-1 | L1 |
| Buffalo | 61 | 29 | 25 | 6 | 1 | 176 | 177 | 65 | 14-15-2-3 | 15-10-4-0 | 5-2-3-1 | L1 |
| Toronto | 63 | 27 | 27 | 4 | 5 | 164 | 193 | 63 | 14-11-3-4 | 12-11-1 | 5-1-2-2 | L2 |
| Atlanta | 63 | 26 | 26 | 4 | 7 | 178 | 205 | 63 | 14-12-5-2 | 12-18-3-2 | 2-6-1-1 | W1 |
| Florida | 62 | 26 | 29 | 3 | 4 | 159 | 171 | 59 | 12-12-3-3 | 14-17-0-1 | 3-6-1-0 | W1 |
| New Jersey | 62 | 27 | 31 | 3 | 1 | 138 | 164 | 58 | 13-13-2-1 | 14-18-0-1 | 9-1-0-0 | W1 |
| NY Islanders | 63 | 23 | 32 | 4 | 4 | 176 | 154 | 54 | 12-15-3-1 | 11-17-3-1 | 6-3-1-0 | L3 |
| Ottawa | 62 | 21 | 32 | 5 | 4 | 143 | 200 | 51 | 11-16-2-3 | 10-16-3-1 | 4-5-0-1 | W1 |

WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|-------------|----|----|----|-----|----|-----|-----|-----|-----------|-----------|---------|------|
| d-Vancouver | 63 | 39 | 15 | 4 | 5 | 206 | 150 | 87 | 22-6-1-4 | 17-9-3-1 | 5-5-0-0 | L1 |
| d-Detroit | 62 | 38 | 18 | 4 | 2 | 206 | 179 | 82 | 17-10-3-1 | 21-8-1 | 3-7-0-0 | W1 |
| d-San Jose | 63 | 36 | 21 | 4 | 2 | 178 | 162 | 78 | 15-10-2-1 | 21-11-2 | 9-1-0-0 | W6 |
| Phoenix | 64 | 33 | 21 | 6 | 4 | 184 | 186 | 76 | 15-10-2-3 | 18-11-3-2 | 7-2-1 | W1 |
| Los Angeles | 62 | 35 | 23 | 2 | 2 | 174 | 149 | 74 | 19-9-1-0 | 16-14-1-2 | 7-1-1 | W3 |
| Calgary | 64 | 32 | 23 | 3 | 6 | 190 | 182 | 73 | 19-10-3-1 | 13-12-3-2 | 6-2-1 | W1 |
| Chicago | 62 | 33 | 23 | 2 | 4 | 198 | 172 | 72 | 19-14-0-4 | 14-9-3-3 | 6-2-0-2 | W4 |
| Dallas | 62 | 33 | 23 | 2 | 4 | 171 | 175 | 72 | 18-9-2-3 | 15-14-0-1 | 3-6-1 | W2 |
| Minnesota | 62 | 33 | 23 | 5 | 1 | 163 | 162 | 72 | 16-12-0-3 | 17-11-1-2 | 6-3-1 | W1 |
| Nashville | 63 | 32 | 23 | 5 | 3 | 161 | 152 | 72 | 15-7-4-3 | 17-16-1 | 4-5-1 | W1 |
| Anaheim | 63 | 33 | 25 | 3 | 2 | 176 | 186 | 71 | 18-10-1-1 | 15-21-2 | 5-4-1 | W1 |
| Columbus | 61 | 31 | 24 | 3 | 3 | 178 | 181 | 68 | 16-13-0-2 | 15-11-3-1 | 6-3-0-1 | L1 |
| St. Louis | 62 | 28 | 25 | 4 | 5 | 173 | 180 | 65 | 18-10-3-3 | 10-12-3-2 | 4-5-1 | W1 |
| Colorado | 63 | 26 | 30 | 7 | 0 | 183 | 217 | 59 | 14-15-4-0 | 12-19-3-0 | 1-8-1 | L3 |
| Edmonton | 63 | 20 | 35 | 1 | 7 | 158 | 211 | 48 | 10-19-3-3 | 10-16-1-3 | 4-6-0 | W1 |

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Chicago at Minnesota

Detroit at Los Angeles

Sundays' results

Calgary 1 St. Louis 0

Atlanta 3 Toronto 2 (OT)

Boston 3 Edmonton 2

Anaheim 3 Colorado 2

Chicago 4 Phoenix 3 (SO)

Nashville 3 Columbus 2

New Jersey 2 Florida 1

Tampa Bay 2 N.Y. Rangers 1

Tonight's games

All times Eastern

Buffalo at N.Y. Rangers, 7 p.m.

N.Y. Islanders at Washington, 7 p.m.

Florida at Carolina, 7 p.m.

Montreal at Atlanta, 7 p.m.

Boston at Ottawa, 7 p.m.

Calgary at St. Louis, 8 p.m.

Dallas at Phoenix, 9 p.m.

Nashville at Edmonton, 9:30 p.m.

Columbus at Vancouver, 10 p.m.

Colorado at San Jose, 10:30 p.m.

Tomorrow's games

Pittsburgh at Toronto, 7 p.m.

Tampa Bay at New Jersey, 7 p.m.

Minnesota at N.Y. Rangers, 7 p.m.

Calgary at Chicago, 9 p.m.

Detroit at Anaheim, 10 p.m.

TRADE DEADLINE HISTORY

| Season, Date | Trades | Players | G | A | PT |
|------------------|-----------------|------------------|------|----|----|
| 1979-80, Mar. 11 | 3 | S. Dulin, Vr | 32 | 47 | 79 |
| 1980-81, Mar. 10 | 12 | H.-A. Vr | 41 | 37 | 79 |
| 1981-82, Mar. 9 | 5 | Zetterberg, Det | 15 | 57 | 74 |
| 1982-83, Mar. 8 | 1 | Crosby, Pbh | 31 | 37 | 68 |
| 1983-84, Mar. 6 | 2 | Ovechkin, Wash | 18 | 49 | 67 |
| 1984-85, Mar. 12 | 4 | B.Richards, Dal | 24 | 39 | 63 |
| 1985-86, Mar. 11 | 8 | Kopitar, LA | 20 | 40 | 60 |
| 1986-87, Mar. 10 | 5 | E.Stål, Car | 27 | 32 | 59 |
| 1987-88, Mar. 8 | 9 | Iginla, Cal | 25 | 33 | 58 |
| 1988-89, Mar. 7 | 12 | Torts, Chi | 22 | 36 | 58 |
| 1989-90, Mar. 6 | 10 | Giroux, Phx | 21 | 37 | 58 |
| 1990-91, Mar. 5 | 14 | Leclerc, Ed | 33 | 34 | 57 |
| 1991-92, Mar. 10 | 11 | Eriksson, Dal | 21 | 36 | 57 |
| 1992-93, Mar. 22 | 9 | Sharp, Chi | 32 | 24 | 56 |
| 1993-94, Mar. 21 | 18 | Nash, Wash | 29 | 27 | 56 |
| 1994-95, Apr. 7 | 19 | J.Carter, Pha | 28 | 27 | 55 |
| 1995-96, Mar. 20 | 13 | Yandle, Phx | 10 | 44 | 54 |
| 1996-97, Mar. 18 | 18 | Backstrom, Wash | 15 | 38 | 53 |
| 1997-98, Mar. 19 | 19 | Tavares, NYI | 23 | 29 | 52 |
| 1998-99, Mar. 23 | 21 | Ryan, Ans | 29 | 23 | 52 |
| 1999-00, Mar. 14 | 12 | Hart, Minn | 19 | 33 | 52 |
| 2000-01, Mar. 13 | 17 | M.Richards, Pha | 19 | 32 | 52 |
| 2001-02, Mar. 19 | 17 | J.Thornton, T.B. | 15 | 37 | 52 |
| 2002-03, Mar. 11 | 24 | Briere, Pha | 28 | 23 | 51 |
| 2003-04, Mar. 9 | 20 | Ribeiro, Dal | 12 | 39 | 51 |
| 2004-05 | None (lock-out) | P.Bergeron, Bos | 21 | 29 | 50 |
| 2005-06, Mar. 9 | 25 | H.叶let, SJ | 20 | 30 | 50 |
| 2006-07, Feb. 27 | 25 | P.Stastny, Col | 19 | 31 | 50 |
| 2007-08, Feb. 26 | 25 | Datsyuk, Det | 18 | 32 | 50 |
| 2008-09, Mar. 4 | 22 | Dumoulin, Col | 21 | 28 | 49 |
| 2009-10, Mar. 3 | 31 | Plekme, MtL | 20 | 29 | 49 |
| 2010-11, Feb. 28 | 16 | J.Williams, LA | 20 | 29 | 49 |
| Total | 443 | M.Kovali, Minn | 15 | 34 | 49 |
| Average | 183 | | 25.4 | | |

Not including last night's games

TRANSACTIONS

BASEBALL

NATIONAL LEAGUE
NEW YORK METS—Named Pedro Lopez manager of St. Lucie (FSL), Ryan Ellis manager of Savannah (SAL), Frank Fultz manager of Kingsport (Appalachian) and Luis Rojas manager of the GCL Mets.

BASKETBALL

NBA
CHARLOTTE BOBCATS—Waived G Morris Peterson.
NFL
GOLDEN STATE WARRIORS—Reached a buyout agreement with F Troy Murphy and placed him on waivers.
WASHINGON WIZARDS—Reached a buyout agreement with G Mike Bibby and placed him on waivers.

NBA

EASTERN CONFERENCE

| | W | L | Pct | GB |
|--------------|----|----|------|------|
| d-Boston | 42 | 15 | .737 | — |
| d-Miami | 43 | 17 | .717 | 1/2 |
| d-Chicago | 41 | 17 | .707 | 1/2 |
| Orlando | 38 | 22 | .633 | 5/2 |
| Atlanta | 36 | 23 | .610 | 7 |
| New York | 30 | 27 | .526 | 12 |
| Philadelphia | 30 | 29 | .508 | 13 |
| Indiana | 26 | 32 | .448 | 16/2 |

| | W | L | Pct | GB |
|---------------|----|----|------|------|
| Charlotte | 26 | 33 | .441 | 17 |
| Milwaukee | 22 | 36 | .379 | 20/2 |
| Detroit | 22 | 39 | .361 | 22 |
| d-L.A. Lakers | 32 | 49 | .421 | 12/2 |
| Oklahoma City | 36 | 22 | .621 | 12/2 |
| New Orleans | 35 | 26 | .574 | 15 |
| Portland | 34 | 26 | .567 | 15/2 |
| Memphis | 33 | 26 | .559 | 16 |

WESTERN CONFERENCE

| | W | L | Pct | GB |
|---------------|----|----|------|------|
| d-San Antonio | 49 | 10 | .831 | — |
| Dallas | 43 | 16 | .729 | 6 |
| d-L.A. Lakers | 42 | 19 | .689 | 8 |
| Oklahoma City | 36 | 22 | .621 | 12/2 |
| New Orleans | 35 | 26 | .574 | 15 |
| Portland | 33 | 26 | .567 | 15/2 |
| Memphis | 31 | 27 | .554 | 17/2 |
| Phoenix | 31 | 27 | .534 | 17/2 |
| Utah | 32 | 28 | .533 | 17/2 |
| Houston | 30 | 31 | .492 | 20 |
| Golden State | 26 | 32 | .448 | 22/2 |
| L.A. Clippers | 21 | 39 | .350 | 28/2 |
| Sacramento | 14 | 43 | .246 | 34 |

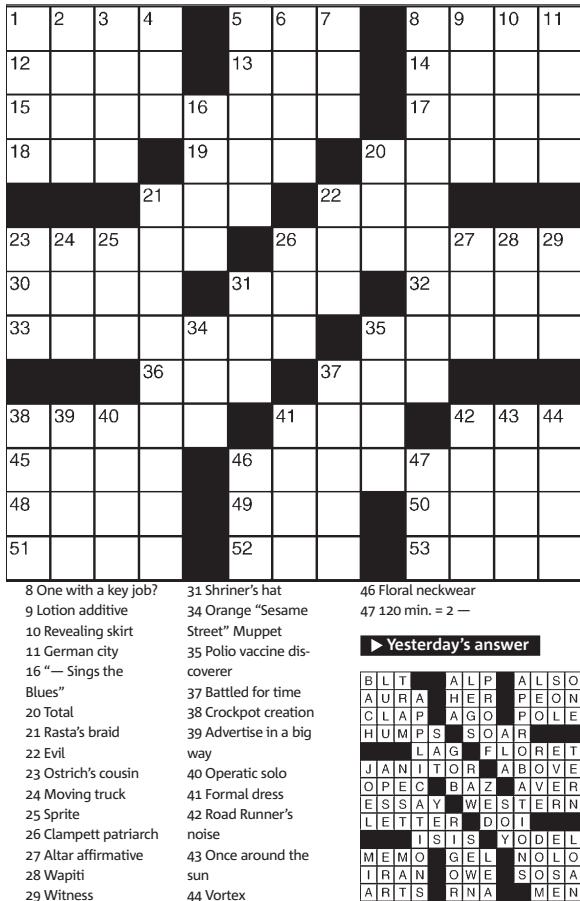
HOOPS

| | W | L | Pct | GB |
|--------------|---|---|-------|----|
| Baltimore | 3 | 0 | 1.000 | — |
| Detroit | 3 | 0 | 1.000 | — |
| Seattle | 1 | 0 | 1.000 | — |
| L.A. Angels | 2 | 1 | .667 | — |
| Boston | 1 | 1 | .500 | — |
| Kansas City | 1 | 1 | .500 | — |
| Minnesota | 1 | 1 | .500 | — |
| Oakland | 1 | 1 | .500 | — |
| Washington | 1 | 1 | .500 | — |
| Philadelphia | 1 | 1 | .500 | — |

Crossword

Across

1 Urban pollutant
 5 Crafty
 8 Mary's follower
 12 Greek vowel
 13 Spy org.
 14 Hodgepodge
 15 Traffic congestion
 17 R.I. neighbor
 18 "For — a jolly..."
 19 Consumed
 20 Bundle of yarn
 21 Banned insecticide
 22 Greyhound carrier
 23 Each and —
 26 Sleepwear, slangily
 30 Having Y chromosomes
 34 Nourished
 32 Not active
 33 Not upset (by)
 35 Add fuel to the fire
 36 12 (Abbr.)
 37 Cheerful sound?
 38 Layered rock
 41 Chick
 42 "See ya"
 45 Novice
 46 Name in aircraft
 48 Great story
 49 8-Across' mom
 50 Peruse
 51 Frail
 52 Neither Rep. nor Dem.
 53 Agile
Down
 1 Uttered "Alas"
 2 Additional
 3 Elevator name
 4 Wander (about)
 5 Composer Joplin
 6 Grown-up nits
 7 Tibetan beast



8 One with a key job? 31 Shriner's hat 46 Floral neckwear
 9 Lotion additive 34 Orange "Sesame Street" Muppet 47 120 min. = 2 —
 10 Revealing skirt 35 Polio vaccine discoverer
 11 German city 37 Battled for time 38 Crockpot creation
 16 — Sings the Blues" 39 Advertise in a big way
 20 Total 40 Operatic solo 41 Formal dress
 21 Rasta's braid 42 Road Runner's noise 43 Once around the sun
 22 Evil 44 Vortex

► Yesterday's answer

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| B | L | T | A | L | P | A | L | S | O |
| A | U | R | A | H | E | R | P | E | O |
| C | L | A | P | A | G | O | P | O | L |
| H | U | M | P | S | O | A | R | | |
| | | | | | L | A | G | F | R |
| J | A | N | I | T | O | R | A | B | O |
| O | P | E | C | B | A | Z | A | V | E |
| E | S | S | A | Y | W | E | S | T | E |
| L | E | T | T | E | R | D | O | I | |
| M | E | M | O | G | E | L | Y | O | D |
| I | R | A | N | W | O | N | O | L | O |
| A | R | T | S | R | N | A | S | O | S |
| | | | | | | | | | |

For today's crossword answers and for expanded horoscopes, go to metronews.ca



Today's horoscope

Aries March 21-April 20

Avoid situations in which you don't have the final say in what takes place. Also avoid people who want to control everything. That kind of relationship is doomed to fail.

Taurus April 21-May 21

Something is worrying you. Whatever it is, you won't get over it just by trying to put it out of your mind. You have to face up to the situation and then deal with it.

Gemini May 22-June 21

Listen to what your inner voice tells you and ignore what everyone around you has to say. They may mean well, but they don't know you as well as you know yourself. Deep down you already know the answer.

Cancer June 22-July 22

Tread carefully when discussing sensitive issues with loved ones. According to the planets, they most likely don't want to hear your advice, especially if it requires a change of behaviour on their part.

Leo July 23-Aug. 23

Your sixth sense can be trusted, so be on guard if you doubt what some people are saying. There may be no logical reason for your suspicions but logic has nothing to do with it.

Virgo Aug. 24-Sept. 22

Someone will let you in on a secret today, but watch out because he or she may be using it as a hook to find out something that you would rather the world did not know about.

Libra Sept. 23-Oct. 23

A deal of some kind may sound attractive but you need to find out more about it before you commit. If you get something, you will no doubt be asked to give something in return.

Scorpio Oct. 24-Nov. 22

Don't get angry if you have to pay over the odds for something today. It's only money, and if you did not spend it on this you would spend it on something else, no doubt just as frivolous.

Sagittarius

Nov. 23-Dec. 21 There is no point trying to keep something secret from the people who know you best because they can read you like a book. Whatever it is, own up to it.

Capricorn Dec. 22-Jan. 20

If you need to announce some bad news today, the best way is to come right out with it. The more you prevaricate, the more others will worry that it's earth-shatteringly terrible.

Aquarius Jan. 21-Feb. 18

You won't be thinking straight today, so expect your mind to play tricks on you. Now that you know that, you are less likely to make any spur-of-the-moment decisions that will get you into trouble.

Pisces Feb. 19-March 20

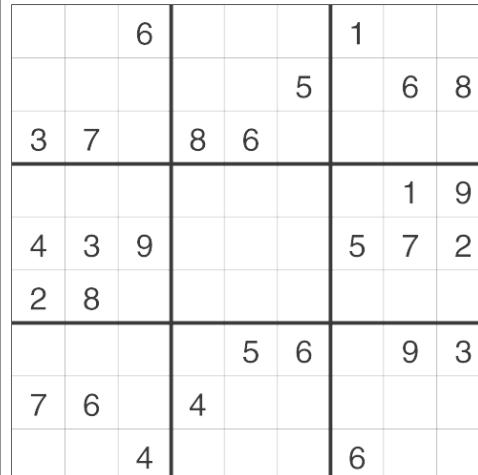
The more that others insist that you follow their lead, the more you will resist and go your own way. Always do what is right for you.

• SALLY BROMPTON

metronews.ca

TUESDAY, MARCH 1, 2011

Sudoku



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ricky, my love! I just wanted to let you know how happy i am with you. Not a day goes by that i dont think of you and how lucky i am to have found you. Happy anniversary! JANE

Sandra O' You are the one and only person I could ever love. You have made me the happiest man in the world. you complete me, Will you marry me? LOVE JB

To my loving husband Dave, I am so lucky to wake up to you everyday. I love you more and more everyday and look forward to the years ahead. With love SHAILEEN XO

Dear Niraj T, You are the love of my life, you've always been there for me. I have learned so much from you through the past years, Happy six years and three months baby, I love you. LOVE YOUR LIL ONE KN

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 8 | 2 | 1 | 6 | 4 | 9 | 5 | 3 |
| 3 | 4 | 6 | 7 | 9 | 5 | 2 | 8 | 1 |
| 9 | 1 | 5 | 2 | 3 | 8 | 6 | 7 | 4 |
| 1 | 9 | 8 | 6 | 5 | 2 | 4 | 3 | 7 |
| 5 | 7 | 4 | 3 | 1 | 9 | 8 | 2 | 6 |
| 6 | 2 | 3 | 4 | 8 | 7 | 1 | 9 | 5 |
| 4 | 6 | 9 | 5 | 2 | 3 | 7 | 1 | 8 |
| 8 | 5 | 1 | 9 | 7 | 6 | 3 | 4 | 2 |
| 2 | 3 | 7 | 8 | 4 | 1 | 5 | 6 | 9 |

Today



-3°/-15°
Partly cloudy

Wednesday

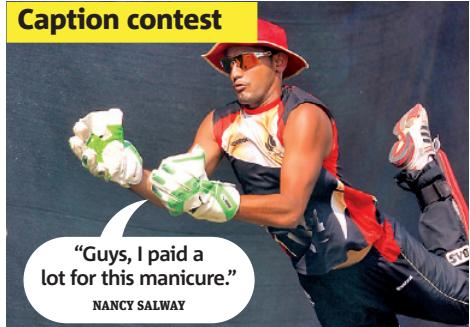
0°/-18°
Flurries
40%

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Caption contest



"Guys, I paid a lot for this manicure."

NANCY SALWAY



You WIN!
write it!

Write a funny caption for the image to the right and send it to [play@metronews.ca](#) — the winning caption will be published in tomorrow's Metro.



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CUBA | Varadero

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CUBA | Santa Clara

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DOMINICAN REPUBLIC | Punta Cana

Gran Bahía Príncipe Ambar,

Don Pablo collection PRIVILEGES

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DOMINICAN REPUBLIC | Punta Cana

Paradisus Punta Cana Resort PRIVILEGES

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USA | AIR & HOTEL

FLORIDA | Orlando

Clarion Resort & Waterpark

Double or twin guest rm. • Apr. 9 • 1 wk.

\$829

Add taxes & other fees: \$141

\$929

Add taxes & other fees: \$155

Departure tax: 25 CUC cash, paid locally

\$1139

Add taxes & other fees: \$155

Departure tax: 25 CUC cash, paid locally

\$1199

Add taxes & other fees: \$155

Departure tax: 25 CUC cash, paid locally

\$989

Add taxes & other fees: \$155

Departure tax: 25 CUC cash, paid locally

\$999

Add taxes & other fees: \$180

\$1099

Add taxes & other fees: \$180

\$1199

Add taxes & other fees: \$180

MEXICO | Cancun/Riviera Maya via Toronto

Occidental Grand Xcaret

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\$829

Add taxes & other fees: \$255

MEXICO | Cancun/Riviera Maya via Toronto PRIVILEGES

Gran Bahía Príncipe Tulum

All-Inclusive • Standard rm. • June 3, 5 & 6 • 1 wk.

\$869

Add taxes & other fees: \$255

MEXICO | Ixtapa/Zihuatanejo via Toronto PRIVILEGES

Barceló Ixtapa Beach

All-Inclusive • Superior rm. • Mar. 19 & 26 • 1 wk.

\$1079

Add taxes & other fees: \$262

MEXICO | Puerto Vallarta/Riviera Nayarit via Toronto

Meliá Puerto Vallarta PRIVILEGES

All-Inclusive • Deluxe garden view rm. • Mar. 20 - 31 • 1 wk.

\$1299

Add taxes & other fees: \$152

Add \$85 for Sat. & Sun. departures

JAMAICA

Sunset Jamaica Grande Resort & Spa PRIVILEGES

All-Inclusive • Exclusive renovated standard rm. • Mar. 19 & 26 • 1 wk.

\$1229

Add taxes & other fees: \$127

JAMAICA

Gran Bahía Príncipe Jamaica

All-Inclusive • Junior suite • Mar. 19 & 26 • 1 wk.

\$1499

Add taxes & other fees: \$133

GRENADA via Toronto

Grenadian by rex resort

All-Inclusive • Hillside rm. • Apr. 2 & 9 • 1 wk.

\$1389

Add taxes & other fees: \$186

ARUBA via Toronto

The Westin Aruba Resort

Guest rm. • Mar. 27 • 1 wk.

\$1519

Add taxes & other fees: \$181

USA | AIR & HOTEL

FLORIDA | Orlando

Clarion Resort & Waterpark

Double or twin guest rm. • Apr. 9 • 1 wk.

\$699

Add taxes & other fees: \$124

NEVADA | Las Vegas via Toronto or Montreal

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Add taxes & other fees: \$141

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